

Courier

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FMD gets a new look

There is a lot that's new in facilities management. It has been elevated to a separate department, Fairfax County Facilities Management Department, and has welcomed a new director, **Jose Comayagua Jr.**

After a nationwide search, Comayagua was selected to head the new department, replacing **James Patteson**, who was appointed director of Land Development Services/DPWES.

As director of FMD, Comayagua will head a staff of 185 employees with a budget of more than \$33 million that provides "maintenance, alteration, renovation and reconfiguration of county facilities." The department also has oversight of the custodial, property management, *See FMD, page 2*



Jose
Comayagua Jr.

A fitness program for total health

Jump & Pump

Lose 83 pounds by the December holidays? That's the goal of nine participants in the Employee Fitness and Wellness Center's new Jump & Pump classes. This program, offered at the Government Center, helps employees improve their overall fitness and health as well as shedding a few pounds.

What makes this program unique? According to **Chuck Wright**, the Fitness and Wellness Center manager, the program is a combination of aerobic
See Jump & Pump, page 3

Find out how you can
help those in need
in the aftermath of
Hurricane Katrina.

It's all on the county
Web site at

[www.fairfaxcounty.gov/
emergency/katrina](http://www.fairfaxcounty.gov/emergency/katrina)

FMD, from page 1

lease management, space planning, security and other building services of county owned



Susan Mozingo, better known as "Mo," takes care of work orders at the Government Center.

and leased facilities, with the exception of wastewater treatment facilities, public schools, Park Authority and Housing

Authority.

"The employees here are terrific," said Comayagua. "I am very impressed with the programs in place and the people managing them."

Comayagua has two degrees in engineering from George Mason University and more than 10 years of facilities management experience. His professional experience encompasses managing lease obligations, developing and implementing long-range strategic facility growth plans, and supporting risk assessments to identify vulnerabilities to natural disasters and international threats. He and his wife live in Centreville along with their son and a baby expected soon. He is a sports enthusiast and an avid soccer fan who follows worldwide teams and their players.

Customer service has been the benchmark of FMD and Comayagua plans for it to

remain a priority. "We have county employees in more than 150 buildings throughout the area that rely on our everyday attention," he said. As an example, Comayagua

pointed out that there were more than 10,000 meeting requests for county government facilities and almost 69,000 work order requests processed this past year. "That's a sizeable workload for the staff to stay on top of," he said, "and it's only part of the FMD responsibilities."

Under the previous director's leadership, FMD moved from a reactive to proactive mode, now managing with an eye to fixing things before they break. "I hope to help the department build on its successes and positive reaction time,"

Comayagua said. Some of the objectives he will be focusing on are building security and energy management. "The safety and security in county buildings are a priority," he said, explaining some new programs to improve employee safety.

Building operations also is a priority where the department is continually striving to improve the efficiency of energy management and recovery systems. "FMD is the wheels of the county infrastructure. We make it go where our customers want to go," he said.

In learning the details of his job, Comayagua's short-term personal goals are meeting all 185 staff members and finding ways he can help them in their jobs. Next, he hopes to meet all the agency and organization heads to find out what FMD can do to help them. "Our job is to support the county employees through good building and facility management. We want to make that support even better," he said.

FMD has a huge responsibility within the county. With outstanding people and excellent leadership the department will provide "good wheels" for the county facility management. ■



Sharen Downer manages the Government Center space.

Luisa Barba, Patricia Dominguez and Hector Hernandez make sure the rooms are set right.



Jump & Pump, from page 1

and anaerobic exercises put together for a total workout. "The Jump & Pump classes provide a combination of exercises that get a participant's heart rate up and improve muscle tone," said Wright, a good model for the program as he recently lost 22 pounds himself. "Combined with a sensible diet and personal commitment, a person can really achieve their fitness goals," he said.

Jump & Pump, as the name suggests, includes a series of exercises such as rope jumping, sit-ups, step activities, free weights and more to give a participant "a little of everything." While Wright leads each class, this is a self-paced, gender-neutral program. "Everyone follows the same exercise at the same time but everyone works at their own level and tempo," he said, pointing out that no one feels intimidated or unable to keep up as they set their own pace.

Like many group activities, support, encouragement and commitment are important features of the program. "Chuck is a great motivator which really helps me. This is the first time I've ever been in an exercise program that is so well structured," said **George Sturgill**, Planning and Design Division/DPWES, and a long time member of the fitness center. "**Brenda Gibbs**, Community Services Board, said she is in the program to develop a healthier way of life. "This program helps me make a commitment, plus it's fun," she said.

Programs like this help build team spirit, give a sense of personal identity and bonding, encourage each other and just make exercising fun. **Michelle Wickes**, Park Authority, said her goal is to regain her previous level of

fitness after the birth of her child, while **Vishnu Seri**, Stormwater Planning Division/DPWES, said he "wants to be as fit as Chuck." **Marijke Hannam**, DMB, pointed out that the program can be pretty intense, "I'm exhausted and wiped out after each session. But I think the program is really improving my health and fitness."

"My goal is to lose weight and improve my cardiovascular fitness by next August when I've signed up for a cruise, so I'm aiming for a 'new and improved me' by then" smiled **Regina Thorn Corbett**, Office of the County Executive. **Anita Baker**, DAHS and EAC chair, said, "This is just a terrific way for us to support each other to achieve our personal fitness goals. It's a great program and Chuck is a great motivator."

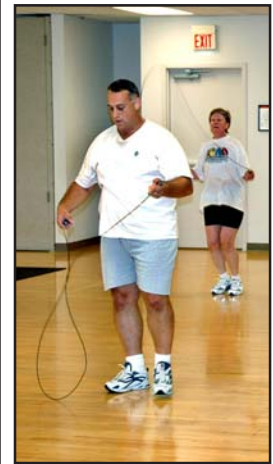
Currently, there are four Jump & Pump classes offered at the Government Center with about 12-15 people in each class: Mondays and Thursdays at 6 a.m., Tuesdays at 11 a.m. and Thursdays at 11:30 a.m. The early morning classes are very popular. Wright encourages participation in two classes a week to see the best results, noting that often participants can't make all classes but "commitment is very important if you want to achieve your goals."

Goals? While fitness improvement seems to be an overall objective, many have a specific weight-loss goal. Combining their goals, those in the picture below hope to find that

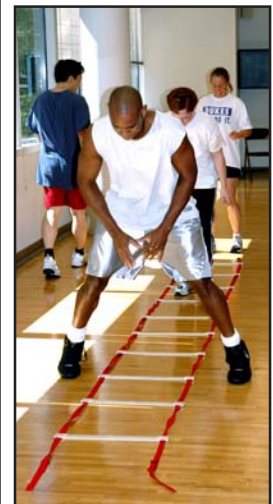
83 pounds have disappeared by the December holidays through the Jump & Pump program. We'll get an update in a December *Courier* article. Stay tuned.



Pounds away! Top row: Chuck Wright, Wanda Smith, Vanslyn Fuller, Goerge Sturgill, Brenda Gibbs; Seated: Marijke Hannam, Michelle Wickes, Regina Corbett, Vishnu Seri, Anita Baker.



Robert Farrimond, GIS Mapping, and Janet Prasher, Library Services, take to the ropes.



Keith Fox, Capital Facilities, leads a jump exercise.

For more information on the Pump & Jump classes or any of the other fitness programs offered by the Fitness and Wellness Center, contact Chuck Wright at 703-324-5590, TTY 711.

It's National Preparedness Month... So what does that mean to me?

September is National Preparedness Month, a nationwide effort to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools, that include putting together an emergency supply kit and a family emergency communication plan. The Board of Supervisors also proclaimed the month of September as

While it may seem like a huge effort to become better prepared, it's worth the time.

"Fairfax Prepares Month" in Fairfax County.

With the impact of Hurricane Katrina on the Gulf Coast, we should not have any doubt about the importance of being prepared for any type of emergency or severe weather event, a concept that emergency management refers to as an "all hazards" approach.

The county has an emergency operations plan, conducts emergency exercises to better plan for and respond to emergencies, and has an emergency operations center to coordinate the county's resources during times of crisis. But as prepared as the county may be, employees also have a responsibility to be prepared.

Employees are encouraged to assemble an emergency supply kit and a communication plan. If you already have a kit, periodically replenish supplies and see what else you might want to add. Think about what you would do if you were at or on your way to or from work during an emergency or severe weather event. Do you have an emergency supply kit in your office and in your car?

Be sure to include the basics such as bottled water, food and medications, battery powered radio, flashlight, extra batteries and a first-aid kit. Consider keeping a light jacket in your office in case you have to leave the building during cool weather or a blanket in your car in case you become stranded on winter roads. Fairfax County Citizen Corps at www.fairfaxcountycitizencorps.org and

www.ready.gov are two Web sites with additional recommendations.

After you have your kit, make sure that you, your office and your family have a communication plan. Where would you go in the event of an emergency? Do your co-workers and family members know how and

where to reach you? Knowing where your

family or co-workers will go and how you will contact them is as essential as having a good emergency supply kit.

Another important part of preparedness at work is to update your contact information on the Emergency Alert Network (<http://infoweb/emergency/ean>). New employees need to register on the system. The EAN is a way the county will contact you with emergency information affecting you, your agency or even your specific work location. The EAN will deliver these alerts to all of your registered technology devices, such as e-mail, cell phone, pager and PDA.

Agencies should also ensure that they have established shelter-in-place locations, stored supplies and procedures in case of emergencies.

While it may seem like a huge effort to become better prepared, it's worth the time. And what better time than during "Fairfax Prepares Month."

If you have any questions regarding the EAN, go to <http://ean.fairfaxcounty.gov/faq.php> or e-mail ean-support@fairfaxcounty.gov. For agencies needing assistance with establishing a shelter-in-place location, contact your facility emergency response coordinator or Safety Manager **Amin Abdul-Aziz** in the Risk Management Division at 703-324-3063, TTY 711. The Office of Emergency Management can be reached at 703-324-2362, TTY 711. Emergency information is also available on the county's emergency information Web page at www.fairfaxcounty.gov/emergency. ■

County employees should update their profiles on the Emergency Alert Network at <http://infoweb/emergency/ean>.

New “target date” funds soon in deferred compensation plans

Beginning in November, all of the county's deferred compensation plan providers will offer new “target date” or “lifecycle” funds. This new asset class provides a combination of different investment types within a single fund. The target date funds then adjust the asset mix based on the estimated retirement date that you designate. Selecting these funds provides an appropriate level of asset diversification that will then adjust periodically based on the number of years until retirement.

Target date funds permit you to select a single fund that contains different types of investments, rather than having to monitor and adjust your investment mix periodically. Typically these funds provide more aggressive investment strategies for the person who is many years away from retirement and more conservative strategies for those who are closer to retirement. For example, a person with more than 20 years until retirement would have the majority of their assets invested in more aggressive and volatile options, such as equities. A person nearing retirement will have their assets invested in more conservative and less volatile investments, such as bonds.

Target date funds automatically rebalance periodically to help you stay on track with your retirement investment strategy. Intended to be “one-step portfolios,” these funds are not designed to be mixed and matched with other investment options.

If you feel you don't have the time or expertise to select and keep track of your own investment portfolio, these funds may be right for you. For example, say you plan to retire in 2020, but you're not quite sure in

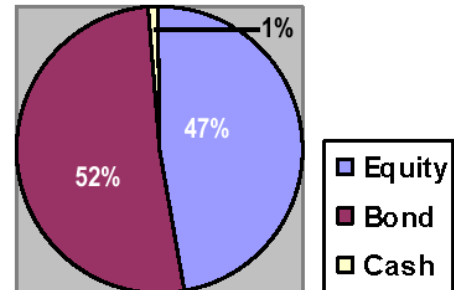
which funds to invest. You could choose from the following target date funds:

- ♦ Wells Fargo Outlook 2020 A (AIG-VALIC)
- ♦ Vantagepoint Milestone 2020 (ICMA-RC)
- ♦ Fidelity ADV Freedom 2020A (Nationwide Retirement Solutions); or
- ♦ TRP Retirement 2020 (T. Rowe Price)

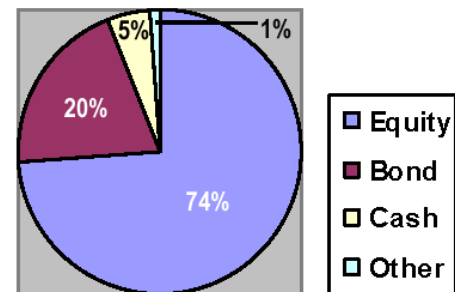
If there is no fund offered with your exact retirement year, you would choose the fund with a target date that is closest to your retirement date. However, you should always carefully weigh your objectives, time horizon, risk tolerance, other sources of income and what you'll need for retirement before choosing a fund. You may also wish to consult your financial advisor.

The charts here illustrate how the investment mix within these funds varies based on your anticipated retirement date. ■

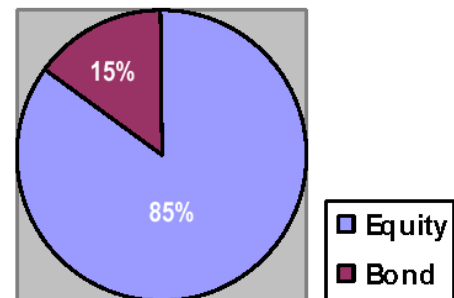
Wells Fargo Adv Outlook 2010 A



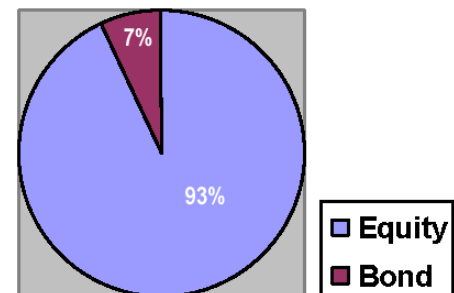
Fidelity Advisor Freedom 2025A



Vantagepoint Milestone 2030



TRP Retirement 2040



If you would like more information on these funds, contact the Financial Services Help Desk at 703-324-4995, TTY 711, or your deferred compensation plan provider.

Autumn fun comes to Fairfax County



Celebrate autumn with family and friends at the 13th annual Fall for Fairfax festival, held on the Ellipse of the Fairfax County Government Center, 12000

Government Center Parkway, on Saturday, Oct. 1, from 10 a.m. to 4:30 p.m. This free-admission event of seasonal family activities includes trackless train rides, pumpkin painting, scarecrow-making, hayrides, pony rides, face painting, arts and crafts such as candy art, a farmers market and much more. A complete entertainment schedule is online at www.fallforfairfax.com.

Other attractions at Fall for Fairfax

include a rock climbing wall and the Inova Arcade of Health. KidZone, presented by Booz Allen Hamilton, is where children can enjoy a moon bounce, Velcro wall, slides and other inflatable fun. Attendees will also be able to enjoy taste delights such as Chinese and Indian food, pizza, hamburgers and cheeseburgers, funnel cakes, kettle corn and lemonade. The Fairfax County Fire Department will be showing off its fleet of trucks, while the Fairfax County Police Department and Tysons Jeep Dodge will team up to demonstrate proper car seat installation. The Inova Blood Mobile will be accepting blood donations onsite.

Volunteer at the festival and receive a free T-shirt and Coca-Cola beverage – opportunities are still available. For more information contact **Emily Swift** at 703-324-5457, TTY 711, or emily@celebratefairfax.org. ■

Exceeding expectations and winning awards

The Fairfax County Affordable Housing Preservation Initiative is bringing awards home to the county only a year and a half after its launch. In the first four months, the initiative surpassed its goal of preserving 200 housing units in 18 months and was honored in June by the Housing Association of Nonprofit Developers. Chairman **Gerald E.**

Connolly accepted HAND's President's Choice Award and also was

recognized for convening the Preservation Forum and the Affordable Housing Preservation Action Committee. The initiative will be recognized again in September at the Governor's Conference where the county will accept the award for the 2005 Best Housing Preservation and Revitalization Effort. This award notes the initiative's creative strategies for its goal of preserving 1,000 affordable units by the end of 2007 and highlights the Board of Supervisors recent approval to allocate one penny from the real estate tax to the preservation of affordable housing.

The awards mark the beginning of recognition for an initiative that has already been used as a model for similar actions in local jurisdictions and once again distinguished Fairfax County as a pioneer in the fight against the affordable housing crisis. ■

Fairfax County's Madison Ridge apartments are an example of affordable housing preservation.



Briefs

Balancing your life

Attend the Balancing Work/Life Stress workshop and you will learn how to better manage work/life challenges by learning ways to reduce stress and communicate more productively. This program is offered at two times and in two locations: Sept. 21, 12-2 p.m. at the Government Center, 12000 Government Center Parkway, and Oct. 19, 12-2 p.m. at the South County Center, 8350 Richmond Highway. For more information and to register, contact the Office of Equity Programs at 703-324-2207, TTY 703-222-5494.

Meals on Wheels

The Mt. Vernon Meals on Wheels (MOW) group needs volunteers for two leadership positions.

- ♦ The group coordinator accepts and contacts new clients to explain procedures as well as organizing driver route books, writing route instructions, and regularly communicating with the food provider and the group treasurer.

- ♦ The driver coordinator schedules regular and substitute drivers for Meals on Wheels routes, informs new drivers of policies and procedures related to meal delivery, and works with the volunteer coordinator to recruit prospective volunteers.

If you know anyone who might be interested in learning more about these positions, please have them call the Volunteer Intake Line at 703-324-5406, TTY 711.

Scout for the best

The Fairfax County Law Enforcement Explorer Post 1742 will host its annual recruitment and informational meeting on Sept. 26, 7-9 p.m. at Police Headquarters, 4100 Chain Bridge Road, Fairfax.

The Fairfax County explorer post is

Briefs

open to Fairfax County young adults ages 14-20. The program is administered by the Police Department as a service to the residents of Fairfax County. Members receive law enforcement training, citizenship education and leadership experience.

Exploring is a youth-led program with police officers serving as advisors and facilitators for the program. The post routinely provides community service by assisting police officers with crime prevention activities, fingerprinting and photographing of youngsters, police open houses and community events, as well as distributing public information and wanted fliers.

Interested young adults and parents are invited to attend the Sept. 26 meeting. For more information please call 703-246-4311, TTY 711.

Bilingual skills assessment services are available

Next time a position requires or prefers that an applicant possess adequate foreign language and English skills, use a county-approved vendor to help assess a person's capability in speaking, reading, writing and comprehension. You can also ask for an assessment that fits a specialty, such as legal, medical, accounting, etc. For more information, contact **Angie Carrerra**, language access coordina-

Briefs

tor, at 703-324-2531, TTY 703-222-5494, or see the Language Access Infoweb page.

Make a difference!

Volunteer assistants are needed to help at the Department of Family Services' Springfield and Falls Church Family Resource Centers. Volunteers, who must be at least 21 years old and pass a background check, will answer phones and provide information to walk-in visitors. Help is needed Monday-Friday at least four times per week for at least four hours per day. A year commitment is requested. Please contact **Laurie Eytel** at 703-324-7871, TTY 703-222-9452 for more information.

Diversity conference

Nov. 16 – save that date for Fairfax County Government's spotlight on diversity. Aimed at increasing cultural sensitivity and the appreciation and understanding of differences, this year's program, *Diverse People: Diverse Talents*, combines professional development with fun. In addition to a dynamic keynote speaker, the event will include a talent show featuring county employees – dancers, vocalists, musicians and more. Registration for the 10 a.m.-1 p.m. event starts Sept. 26. Watch for details in upcoming *Courier* and Newslink announcements. ■

There is a general election on Tuesday, Nov. 8. The deadline to register to vote is Tuesday, Oct. 11.

If you are going to be away on election day, you can vote absentee beginning on Sept. 26 at the Government Center, 12000 Government Center Parkway, and at 19 other county locations, beginning Oct. 19.

For more information on voting requirements and schedules, visit the Electoral Board Web site at www.fairfaxcounty.gov/eb.

Millennium Forum

Public Service: Political Realities versus Constituent Demands



George Mitchell, former U.S. senator and now chairman of the Board of Directors of the Walt Disney Company, will discuss the realities of public service and take your questions on this topic.

When: Sept. 22
Time: 10:30 a.m. – noon
Where: Board Auditorium,
Fairfax County
Government Center,
12000 Government
Center Parkway

For more information about this free event, visit the Infoweb at <http://infoweb/mfs/forums/20050922/bios.htm>.

Security & Safety Matters

Playground safety

Playgrounds and outdoor play equipment provide children with fun and exercise, but can also pose some safety hazards. According to the National Safety Council, more than 200,000 children visit hospital emergency rooms each year because of playground injuries. Safe playground equipment, adult supervision and proper playground design are essential. Here are several guidelines for playground safety:

Design – Playground equipment should be designed for two different age groups: 2- to 5-year-olds (pre-school children) and 5- to 12-year-olds (school-age children). Play areas for younger children should be separated from those for older children and marked with signs clearly designating each area.

- ♦ Swings, seesaws and other equipment with moving parts should be located in areas separate from the rest of the playground. Check for pinch points that could pinch or crush a child's finger or hand.

- ♦ Guardrails or protective barriers should be in place for elevated surfaces.

- ♦ Be sure there are no spaces that could trap a child's head, arm or any other body part.

Surface – A proper playground

surface is one of the most important factors in reducing injuries, as the surface under the equipment should soften the impact of a child's fall.

- ♦ Concrete and asphalt are unsafe and unacceptable. Grass and soil surfaces may also be unsafe because weather and wear can reduce their capacities to cushion a child's fall. A minimum depth of 12 inches of material (wood chips, mulch, pea gravel, shredded tires, etc) surrounding each piece of equipment in a 6-foot fall zone is recommended.

- ♦ The playground surface should be free of debris such as rocks, tree stumps, broken glass, etc.

Supervision – Parents can minimize playground accidents by ensuring that there is adult supervision at the playground and making sure that equipment is age-appropriate to the child's ability. Also, adults should make sure children properly use the playground equipment and don't engage in unsafe behaviors.

Please contact **Robert Johnson**, safety analyst, Department of Finance, Risk Management Division, at 703-324-3063, TTY 711, or e-mail robert.johnson@fairfaxcounty.gov, if you have any safety-related questions. ■

Fairfax County Communication Strategy

If you haven't checked out the new Fairfax County Communication Strategy yet, now is the time to do so! You can find it on the Infoweb at <http://infoweb/cex/commstrategy/>. Communicators all over the county have already begun to use the new templates for news releases, memos, fax cover sheets, business cards and more. As a reminder, the elements in the strategy won't be enforced until January as part of the six-month grace period to adjust to the standards, but you are encouraged to read about the initiative and implement the various elements in your agency as soon as possible. If you would like a presentation from a representative of the communication strategy's core team, please contact the Office of Public Affairs at 703-324-3187, TTY 711. ■



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